

Coastal Steward Class Pledge

To become Coastal Steward Class, select five or more of the actions below and follow through on them with your students. Circle the actions your class is taking. When you're ready to report back on your progress, mail this list along with a letter (it can be just a couple of paragraphs or you can include more information if you like) describing your class and your class's Coastal Stewardship activities. (We may post your letter at www.coastforyou.org!) Thank you for taking action to protect our coast! And remember, just because you've completed your "to do" list doesn't mean you should stop taking action! Keep your promise to the coast by working to protect it EVERY DAY.

To Do: (Take action on five or more items from the following list.)

1. Learn about the problem of marine debris. Visit www.coastal.ca.gov/publiced/marinedebris.html. Talk to classmates, friends, and family about marine debris and why it's a serious problem.
2. Take a field trip to a local beach, river, or creek and clean up any trash that you see. (Consider taking part in the Adopt-A-Beach Program or the annual Coastal Cleanup Day.) If you keep track of the trash that you collect using a datacard, please send a copy of the information to the Coastal Commission. If you notice a particular problem at your site, like overflowing or inadequate trashcans, write a letter to the responsible agency (e.g. California State Parks, your city's Parks and Recreation or Public Works Department, etc.).
3. "Adopt" your schoolyard or the street in front of your school. Once a week, visit your adopted site and pick up any trash that you see. Recycle or compost whatever you can and place the rest in the garbage. While cleaning up your site, explain to other students or interested passers-by why it's important to keep this trash out of the environment.
4. Start a "waste-free" lunch program at your school.
5. Challenge another class to a trashless lunch challenge. Set a date to create as little lunch trash as possible by bringing food in reusable containers and composting any food waste. The class that creates the least trash wins. Afterwards, try to continue your trashless lunch efforts.
6. Use the backsides of paper for scratch paper, for printing drafts, and for anything that doesn't need to look "perfect". Keep a box of flat, ready to use scratch paper, where people can place their one-sided paper and grab a sheet to use.
7. Keep classroom recycling bins for paper (that can't be used as scratch paper) and for bottles if necessary. Make sure the contents of the bins are actually recycled.
8. Start a worm compost bin for your classroom. For information, visit www.ciwmb.ca.gov/Vermi/.
9. Check for leaks in faucets or drinking fountains in your classroom. If they leak, contact your school custodian and request that the leaky faucet be fixed.
10. Do a regular water use patrol of your school's bathrooms to check for leaky faucets and running toilets. Inform school authorities of any problems and follow up to see that they are fixed. If students leave faucets running in the bathrooms, consider placing signs near the sinks reminding people to turn off faucets when they're not using them. Get permission from school administrators first.
11. If your school plans an outdoor celebration, discourage the organizers from releasing balloons as part of the festivities. Balloons become marine debris, endangering animals that may mistake them for food.
12. Write a letter (individually or as a class) to the editor of your local newspaper or to an elected official. Write about an important coastal issue and describe any actions you think should be taken.
13. Learn about overfishing and sustainable seafood and share your knowledge with friends and family. Visit www.montereybayaquarium.org/cr/seafoodwatch.asp for more information and to download the Seafood Watch Pocket Guide. You can also contact the Coastal Commission for copies of the guide.
14. Encourage your family and friends to take the Coastal Stewardship Pledge at www.coastal.ca.gov/publiced/steward/pledge_form.html (or call 800-Coast4u to request a printed version). There are many actions you can take outside of school to help protect our coast and ocean.

Thank you for protecting our coast and ocean!!! Keep it up!

Mail this list along with a letter describing your class and the actions they took to:

**Coastal Steward Class, California Coastal Commission,
45 Fremont Street, Suite 2000, San Francisco, CA 94105**

Please include your **name** and **email**, the **name and address of your school**, the **number of students** in your class and their **grade level**. You can contact us at: (800) Coast-4u, coast4u@coastal.ca.gov, or www.coastforyou.org.